

# WHEN YOU'RE SICK

When you're sick, your body is under stress. This can raise your blood sugar.

## When to Call Your Doctor:

- You have been sick or had a fever for more than 3 days
- You have been vomiting (throwing-up) or have diarrhea for more than 6 hours
- You've taken your diabetes pills or insulin and your blood sugar stays above 250
- You have Ketones in your urine (if you have Type 1 diabetes)
- You have
  - trouble breathing
  - pain in your chest
  - dizzy or can't think straight
- You don't know what to do to take care of yourself

## Checking your Blood Sugar

- When you are sick, you should check your blood sugars more often
  - Type 1: every 4 hours
  - Type 2: 4 times a day
- If your blood sugar stays above 250, call your doctor

## Diabetes Medicines

- **Take your diabetes medicines even if you are sick.**

Your body makes extra sugar (glucose) when you are sick.



# Sanford

## Food

- Follow your normal eating plan if you can.
- Drink plenty of sugar-free drinks .
- If you can't eat like usual, try to get at least some carbohydrate every hour (see list below)

## Sick Day Food Ideas

(all foods in this list are about 1 serving of carbohydrate-15 grams)

### Liquids

- 1 double stick popsicle
- 1 cup Gatorade or Sports Drink
- ½ cup fruit juice
- ½ cup regular soda pop (not diet)
- 1 cup milk
- 1 cup soup



### Foods

- 6 saltine crackers
- ½ banana
- ½ cup applesauce
- 1 slice of toast
- 3 graham crackers
- ⅓ cup frozen yogurt
- ½ cup ice cream
- ½ cup sugar-free pudding
- ½ cup jell-o

